

Supplication  
for when you wake  
up

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا  
بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

*Alhamdu lillaahil-lathee  
'ahyaanaa ba'da maa 'amaatanaa  
wa ilayhin-nushoor*

Praise is to Allah Who gives us life after  
He has caused us to die and to Him is the return

Al-Bukhari: 6312, Muslim: 2711



What to  
say before **Sleeping**

بِاسْمِكَ اللَّهُمَّ  
أَمُوتُ وَأَحْيَا

*Bismika Allaahumma  
amootu wa ahyaa*

In Your Name, Oh Allâh, I die and I live

Al-Bukhari:6314



What to  
say when leaving  
the home



بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ  
لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

*Bismillaahi, tawakkaltu `alallaahi,  
laa hawla wa laa quwwata `illaa billaah.*

In the Name of Allah, I have placed my trust in Allah  
, there is no might and no power except by Allah.